FINAL MOMENTS

Inside the terror in Aleppo, metroNEWS

LIVE 88·5FM

LISTEN NOW

90,000 WATTS

Ottawa metro

Your essential daily news | WEDNESDAY, DECEMBER 14, 2016

High -7°C/Low -13°C A mix of sun and cloud

WINE WISHLIST

FIVE BOTTLES FOR FIVE BREEDS OF BOSSES

metroLIFE

Time to talk tax and toll

MAYORS' LETTER

Truck tunnel needs ongoing revenue stream, Watson says

Ryan Tumilty
Metro | Ottawa

Mayor Jim Watson has joined a chorus of big-city mayors calling for more powers for cities to tax and toll Canadians to help build infrastructure.

Watson — along with Edmonton Mayor Don Iveson, Toronto Mayor John Tory, Calgary Mayor Naheed Nenshi and Vancouver Mayor Gregor Robertson — signed the open letter released Tuesday.

In the letter, all of the mayors demonstrated specific needs for new revenues with Ottawa singling out the proposed downtown truck tunnel.

"In Ottawa, we have just completed a feasibility study that outlines the possible construction of a subterranean truck tunnel to eliminate dangerous and disruptive heavy truck traffic."

Watson was unavailable for interviews Tuesday, but his press secretary, Livia Belcea, said in an emailed statement that the tunnel would need a source of ongoing funding.

"The construction of the truck tunnel would require financial commitments from the province of Ontario and from the federal government. It would also require an ongoing revenue stream from the tunnel's users in the form of tolls," she said.

"In anticipation of the construction of the truck tunnel, Mayor Watson supports the big city mayors' request for permission to generate new revenue and increase their revenue powers."

The cost of the truck tunnel has been estimated at between $1.7 billion and $2 billion and would be designed to take heavy trucks of the streets in core neighbourhoods.

DREAMING OF A DIY CHRISTMAS

This Christmas ornament class is just one of the do-it-yourself gift ideas we have for you

metroNEWS

Melody Jewitt, owner of Flo Glassblowing, works at her shop in Little Italy.
ADAM KVETON/FOR METRO

*Drivers should always be responsible for their own safe driving. Please always pay attention to your surroundings and drive safely. Depending on the conditions of roads, vehicles, weather, etc., the TSS systems may not work as intended. Please see toyota.ca, your local Toyota Dealer or Owner's Manual for details.

Gifts the whole you will love.

$0[1] phones with up to a $100 bonus gift,[2] plus a bunch of bonus data!

Gift yourself. koodo mobile®

(1) With the Tab. Subject to approved credit.
(2) Available with new activations only. Will vary by store location. While quantities last.

metro NEWS

Your essential daily news

Task force calls for national age for legalized recreational pot smoking to be set at 18. **Canada**

We're fit, but not too happy

REPORT

Ottawa grades well overall, but low in life satisfaction

Haley Ritchie
Metro | Ottawa

Low overall life stress but poor mental health? Do you miss your fruits and veggies but still go for a run at the end of the day? If so, then you fit into a new report comparing the health of Ottawa to different cities across the country.

The Conference Board of Canada's newly released City Health Monitor ranks the health indicators of Ottawa right in the middle of 10 Canadian municipalities with an overall grade of "B."

It's not the first time the organization has looked at health indicators, but it is the first report to focus that research on a city level.

"Bringing that discussion to the city level is really important," said Louis Thériault, the organization's vice-president of public policy.

Saskatoon, Calgary and Winnipeg are healthier, but the national capital did score above Vancouver, Toronto and Montreal.

Thériault said the report needs to be kept in perspective, since the 10 cities examined are "top of their class" overall and are being compared to each other.

The report builds its scores on four indicators: population health ("C" overall), life satisfaction ("C" overall), healthy lifestyle ("B" overall) and access to health care ("B" overall).

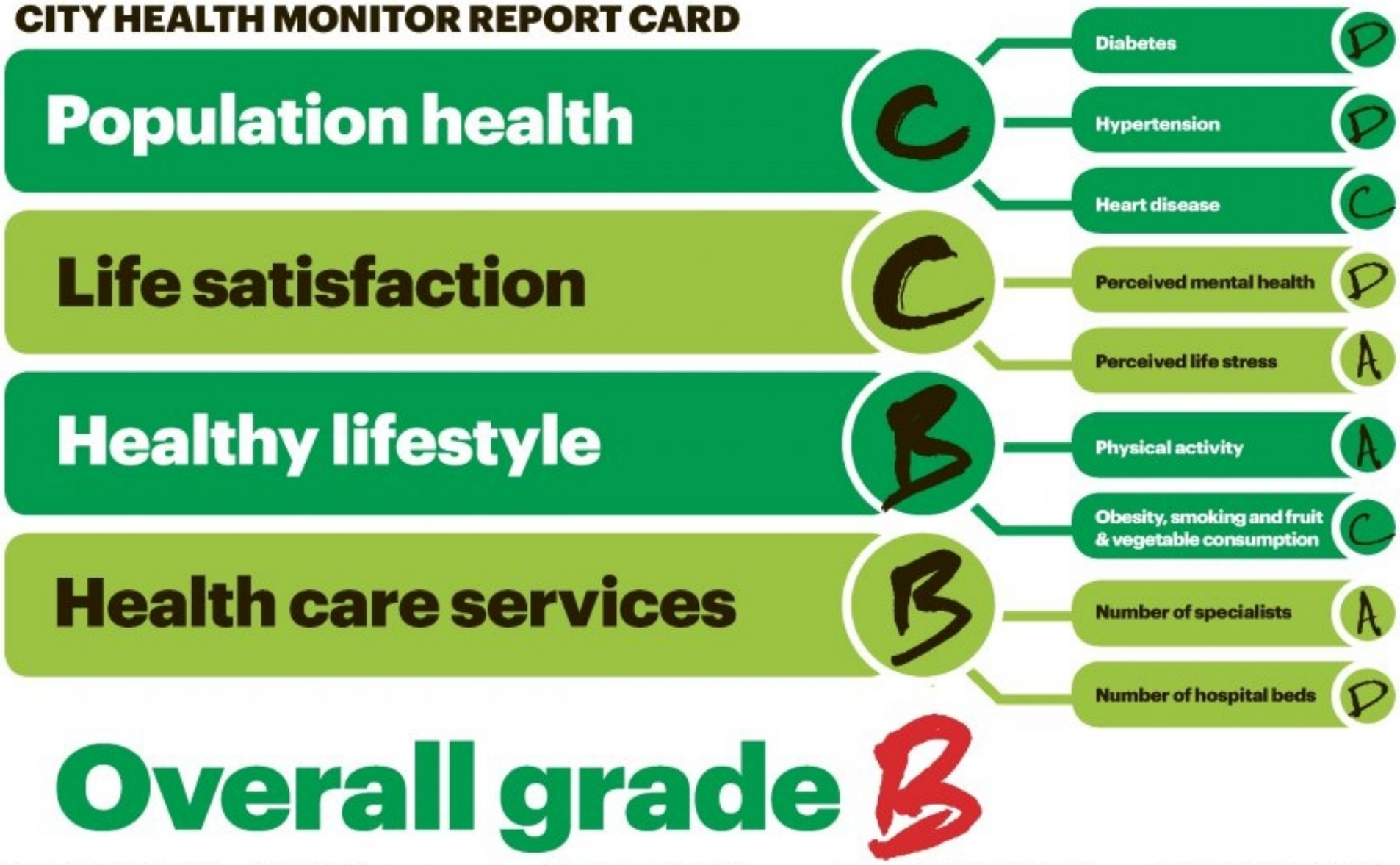
"Because all indicators have equal weight, and because people living in Saskatoon, Calgary and Edmonton feel quite good about their life, they stood out quite significantly," Thériault said about the top ranking cities.

Ottawa residents, on the other hand, said they experience less life stress and less work stress but overall reported a lower standard of mental health.

"Services sector workers and public service workers, particularly, tend to have a higher level of anxiety and stress diagnosed by professionals," said Thériault. "Because in Ottawa we have such a large public sector, there's probably a connection there."

Another standout for Ottawa is that the city scored an "A" for physical activity.

"Lifestyle and physical activity really stands out, Ottawa is much more active than the other jurisdictions," he said.



Now borrow up to $15,000 with an Installment Loan.

For welcome improvements.

Visit a store for details. moneymart.ca

We can help. Money Mart®

Installment loans offered in select provinces only. Loan principal amounts vary between $1,000 and $15,000 based upon income and other qualification requirements, including a credit check. Loan term is based on the amount borrowed. Loans have terms of 12 to 60 months with payments scheduled based on your income deposit dates at the time of loan origination. The APR for the loans is 59.9%. Ask a Money Mart Customer Service Representative for details. MONEY MART® is a registered service mark of National Money Mart Company. © 2016 National Money Mart Company. All rights reserved.

Ottawa's do-it-yourself gift ideas

With the gift-giving season in full swing, finding that perfect present is on everyone's mind. For those of you who are looking to create something unique for that special someone this holiday season, or if you're trying to find a new challenge for your resident DIY enthusiast, Metro has five do-it-yourself ideas in mind.

ADAM KVETON FOR METRO

1 Make your own beer or wine

There are several stores in Ottawa that offer on-site brewing and winemaking, as well as home-brewing kits. It takes a little over a month or two for the libation to be ready to drink, but a kit for your beer or wine enthusiast may be just the thing. A one-stage beer brewing kit costs around $110, with a homemade wine kit costing about $150 and up, according to Defalco's brewing and winemaking store. Making wine on the premises costs about $70 and you get 28-30 bottles per batch.

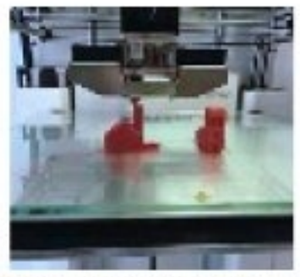
4 Paint your own ceramic gifts

If you want to gift a mug or an ornament with a little more pizzazz, check out The Mud Oven. It's a local paint-it-yourself ceramics shop with Christmas ornaments, mugs, cookie jars and many other items ready to be painted by you. They are ready for pick-up about seven days after being fired, so move fast if you want them done for Christmas. Ornaments start at $13.

2 Photography classes

Have a photography enthusiast looking to up their game? There are plenty of local photographers and larger companies in Ottawa offering beginner and intermediate classes. Group excursions/lessons can cost around $30, with one-on-one or multi-week classes costing around $250. By the end, the photographer you're buying for will be ready to capture Christmas and winter moments like never before.

3 3D prints



If you know how to create 3D files, you can have a 3D ornament, figure or movie prop made by local Ottawans with 3D printers via the 3DHubs.com service. The Ottawa Public Library also offers free introduction classes to 3D printers and laser cutters.

5 Glass creation

Learn how to make unique glass Christmas gifts for $35 per ornament at Flo Glassblowing until Dec. 17. A bead making class is scheduled for Dec. 21. Check out floglassblowing.ca for more info.

HEALTH TRANSFERS

Ontario wants 5.2% increase

Ontario is proposing a new 10-year federal funding plan that would see Ottawa's health transfers to the provinces rise by 5.2 per cent a year.

Premier Kathleen Wynne called the idea a starting point for discussion, and said in exchange the provinces would commit to spend the money on priority areas they agree on with Ottawa, such as mental health and home-care services.

The provinces and territories oppose the federal government's plan to cut the increase in health transfers from six per cent to three per cent a year, warning it would have a dramatic impact on health-care delivery. The premiers agree a three-per-cent annual increase "is not going to cut it," Wynne said, especially when Ottawa provides only 23 per cent of the amount spent on health care.

"There was a fair bit of consensus that (5.2 per cent) was the kind of increase that we need to look at," she said.

Wynne cited reports from the Conference Board of Canada and the federal Parliamentary Budget Officer that more than three per cent is needed to keep up with the demands an aging population will put on the health systems.

THE CANADIAN PRESS

'This has been a dream of mine for some time': Mayor

One on one with **Jim Watson**

Ryan Tumilty
Metro | Ottawa

Next year's 150th birthday celebrations will build a lasting legacy in the city and bring back visitors for years to come, Mayor Jim Watson says.

In a year-end interview with Metro, Watson said he believes there will be something the city can build off of coming out of the Ottawa 2017 celebrations.

He said a moment like this in the country's history should be marked. "This has been a dream of mine for some time," he said. "I remember going with my parents to Expo 67. I must have been five or six then. It was pretty exciting. The world came to Canada."

Watson said the string of events are a mix of both one-off events and legacy events. He said even an event like Red Bull Crashed Ice doesn't have to be something the city only does once. "We have the option every three years to have it back. It's going to attract probably 100,000 people," he said.

The mayor said the city's events in 2017, even when they are one-offs, are largely meant to attract people to Ottawa and make them want to come back.

"These things might be one-week events, but they add to our credibility and resumé as a city that can really roll out the red carpet and host national and international events," he said.

Watson added that the city would be hosting a record number of conventions this year and believed that would continue to fuel the city's tourism business for some time to come.

"We see more and more business people who will come here for a convention and then come back with their family," he said.

GRAND OPENING

AESTHETICS
Laser Hair Removal • Facials • Peels
Skin Rejuvenation
Microdermabrasion

HEALTHCARE SERVICES
Physiotherapy • Chiropractor
Naturopath • Massage • Acupuncture
In-Home Mobile Physiotherapy for all ages

Stayfit Physio
& SPINAL DECOMPRESSION CENTRE
1580 Merivale Road, Unit 403
613-225-8956 • stayfitphysio.ca
Find us on: facebook

TRAIN FOR A CAREER IN
BUSINESS OR LAW!
✔ Accounting and Payroll Administrator
✔ Law Clerk
✔ Paralegal *accredited by the Law Society of Upper Canada
✔ Business Management
✔ Fitness and Health Promotion

CONTACT US TODAY
613-722-7811
ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station
www.algonquinacademy.com

TODAY ONLY!

Wednesday, December 14

IN STORE AND AT THEBAY.COM

FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE*

70% off

Precious gemstone and diamond fine jewellery**

Save $1,350
$499.99
Regular $1,850
EFFY 14 kt. rose gold, .55 ct. ruby and .12 ct. t.d.w. diamond pendant

Save $3,775
$1,299.99
Regular $5,075
EFFY 14 kt. white gold, 1.4 ct. Ceylon sapphire and .35 ct. t.d.w. diamond pendant

Save $2,050
$799.99
Regular $2,850
EFFY 14 kt. white gold and 0.50 ct. t.d.w. diamond cluster earrings

Save $2,500
$999.99
Regular $3,500
EFFY 14 kt. gold, 1.9 ct. t.c.w. emerald and .25 ct. t.d.w. diamond earrings

Save $3,925
$1,499.99
Regular $5,425
EFFY 14 kt. white gold, 12 ct. t.c.w. Ceylon sapphire and .25 ct. t.d.w. diamond bracelet

Plus, 60% off

gold, pearl and semi-precious gemstone fine jewellery**

Jewellery enlarged to emphasize details and may not be exactly as shown. t.d.w. = total diamond weight, t.c.w. = total carat weight. All diamond and gemstone weights are approximate.

HUDSON'S BAY

0%

PAY NO INTEREST FOR 2 YEARS
WITH 24 EASY MONTHLY PAYMENTS & NO ADDITIONAL FEES!
See below for details.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection. See in store for details. ***FREE SHIPPING:** Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbeques and mattresses. **SPECIAL PAYMENT PLANS:** On approved credit only. Available on selected merchandise when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card. Minimum purchase $500 (before taxes). Applicable on in-store purchases only. Equal monthly payments required. See store for details. Hudson's Bay, Hudson's Bay Credit, Home Outfitters, hbc.com and their associated designs are trademarks of Hudson's Bay Company. Credit is extended by Capital One Bank (Canada Branch). Capital One is a registered trademark of Capital One Financial Corporation, used under license. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. ****70% off Precious gemstone and diamond fine jewellery** excludes gold, pearl and semi-precious gemstone fine jewellery, Concerto, V19.69 Italia, Catherine Malandrino, Korite, Naledi Bridal, Ivanka Trump, Judith Ripka, Alor Fine Jewellery, Ginette NY and items with 99¢ price endings. **60% off gold, pearl and semi-precious gemstone fine jewellery** excludes precious gemstone and diamond fine jewellery, Concerto, V19.69 Italia, Catherine Malandrino, Korite, Naledi Bridal, Ivanka Trump, Judith Ripka, Alor Fine Jewellery, Ginette NY and items with 99¢ price endings.

Personalized Health Solutions

ALL-NEW WEBINAR

Does your Microbiome rule your Mind?

December 15th, 2016 at 7:00pm • FREE

At this live webinar, you will learn:

Important links between digestive health, the foods you eat, and your moods and mental health

What common drugs could be causing more harm than good

How to get your energy back with proper diet and nutrition

Why cravings are sabotaging your weight loss plan and how to stop them

How certain foods can affect anxiety and depression

Which bacteria are anti-anxiety

Register at bit.ly/FoodandMood

Can't make it? Register anyway! We'll send you a recording of the webinar.

NutriChem™

Personalized Health Solutions

NutriChem Compounding Pharmacy & Clinic

1303 Richmond Road • 613-820-4200 • store@nutrichem.com

West-End Clinic

1305 Richmond Road, Suite 204 • 613-721-3669 • clinic@nutrichem.com

East-End Clinic & Retail Store

1185 St. Laurent Boulevard • 613-695-5405 • stlaurent@nutrichem.com

www.nutrichem.com

A registered nurse prepares supplies at the Insite safe injection clinic in Vancouver, B.C.
THE CANADIAN PRESS

Safe injection site likelier in Ottawa

PUBLIC HEALTH

Local centre is willing, now federal process seems easier

Ryan Tumilty
Metro | Ottawa

The federal government's new stance on supervised injection sites could make it easier for one to open within months in Ottawa.

The Liberals announced Monday that they would be streamlining the current process for setting up a supervised injection site. The system set up under the former Conservative government required a long list of approvals and regulations. The Liberals proposal is significantly more streamlined.

Rob Boyd, director of the Oasis program at the Sandy Hill Centre, said it showed them that the government is prepared to help set up such sites and he hopes they will be able to open next year.

"Yesterday's announcements were a clear indication that the government is looking to facilitate supervised injection sites," he said.

Boyd said the centre is readying an application under the old system and will still do that rather than wait for the legislation the Liberals introduced to pass.

"We don't have all the pieces in place. We're finalizing a few of the policies and procedures," he said.

The old system required letters from both the community's police chief and council supporting a supervised injection site. Mayor Jim Watson and police Chief Charles Bordeleau have both indicated they don't support centres.

Boyd said they can still submit an application and they believe the government will still consider it positively.

"It doesn't say that it has to be support for them, but we do require a letter indicating their opinion," he said.

The Oasis program currently offers addiction counseling, as well as needle exchange programs and other services, and Boyd said they felt it was the appropriate location for an Ottawa service and their users agreed.

He said they've already done a lot of community consultation and they believe the neighbourhood will see the service as a benefit.

"Our expectation is that once we open up and people have some experience with it that they are going to see it the same way we do," he said. "It's not something that is going to attract a greater amount of crime or drug use."

Gifts *for* Beauty Lovers at Great Values

Save on fragrances and cosmetics
for only 24 hours on December 14, 2016.

LANCÔME
$131
$221 VALUE
La Vie Est Belle
3-piece gift set
Reg. $155
Exclusively ours

SHISEIDO
$88
Eudermine
Revitalizing
Essence,
200 mL
Hudson's Bay
exclusive size.
Value $124

ELIZABETH ARDEN
YOUR GIFT
Receive a full-size
75 mL Eight Hour Cream
Intensive Moisturizing
Hand Treatment, *FREE*
with the purchase of any
ELIZABETH ARDEN Eight
Hour product.
Value $29
While quantities last.

STRIVECTIN
$89
Advanced Retinol
Intensive Night
Moisturizer, 50 mL
or Serum.
Reg. $120 and $129

TONY MOLY
2 FOR
$6
I'm Real
mask sheets
Assorted flavours.
Reg. $5 each

BUY THEM A GIFT AND GET A GIFT IN RETURN:

RECEIVE A $10 SAVINGS CARD

on any cosmetics
or fragrance purchase
of $75 or more
until Saturday,
December 24, 2016.**

BLOWPRO
$79
All hair
appliances
Reg. $99 each

HUDSON'S BAY

FREE SHIPPING AT THEBAY.COM ON BEAUTY ORDERS OF $45 OR MORE*

Savings for all offers are off our regular prices, unless otherwise specified. ***FREE SHIPPING:** Receive free standard shipping on a total purchase amount of $45 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. **BEAUTY AND FRAGRANCE GIFTS AND SETS:** While quantities last. One gift per customer. Values are based on our per mL and/or g price for regular-sized products.
****Before taxes.** While quantities last. Redeemable on your next cosmetics or fragrance purchase of $75 or more before taxes. Valid in store only from December 14 to 24, 2016. One card per transaction. Not to be combined with any other offer. Other exclusions apply. See store for details.

TRAVEL

New rules call for all-in ad pricing in Ontario

Travel ads in Ontario will soon have to include all taxes and fees under new rules that the provincial government says are meant to protect consumers.

The province says the rules, which take effect Jan. 1, will help reduce confusion and prevent surprises for travellers, as well as ensure a level playing field for the travel industry.

"People across Ontario can now research and buy their vacations and business travel with confidence and without surprises — the price advertised will now be the price paid," Marie-France Lalonde, Ontario's minister of government and consumer services, said in a statement.

The change was also hailed by at least one industry group, which said all-in pricing "provides consistent guidelines for the travel industry when advertising and promoting the price of travel services."

"Reducing confusion helps consumers and businesses," said the Travel Industry Council of Ontario, which is tasked with enforcing the province's Travel Industry Act.

A spokeswoman for Flight Centre Canada, a Vancouver-based travel agency with locations throughout British Columbia, Alberta, Ontario and Nova Scotia, said the company welcomes the new rules and in fact has already been advertising with all costs included for several years. "Full transparency in pricing will reduce confusion while at the same time encourage fair competition from sun wholesalers and retailers so this is very good news for both the consumer and the travel industry," Allison Wallace said in an email.

She said Ontario has been leading the pack when it comes to regulating travel advertising in Canada.

The regulations apply to any ads made by a registered travel agent or wholesaler that refer to the price of travel services.

THE CANADIAN PRESS

More university students seem to be frequenting Ottawa's vape shops. TRAVIS LONG/RALEIGH NEWS & OBSERVER/TNS

Vaping big with students

LIFESTYLE

Retailers say health reasons behind surge in university sales

Selene Tan
For Metro | Ottawa

Vape shops around Ottawa say they've noticed more and more of their customers seem to be university students. "Our sales are amazing. There are a lot of university students coming in," said Mateo Cherkaoui, manager of the downtown Sir Vape-A-Lot location.

"A lot of people, on a daily basis, they come in just asking questions, which is totally cool, but they come back in a week or two or in a month to actually buy our products," said Cherkaoui.

Clear Sky Vapes owner Ron Couchman says he's noticed the same trend. "There is higher number of university students getting into vaping than getting into smoking for the first time," said Couchman.

Couchman speculates university students are turning to vaping to quit smoking, or as a "healthier" alternative to smoking cigarettes to reduce stress. Peer pressure may also be at play, he added. Ramie Fayyad, a Carleton University student, said he was introduced to vaping by his friends. "I smoke cigarettes, so vaping helps diminish the cravings," he said.

The federal Liberal government tabled legislation last month aimed at keeping e-cigarettes out of the hands of young people while keeping them available to adults as a "likely less harmful" alternative to tobacco, saying the time has come to regulate their manufacture, sale, labelling and promotion.

Couchman supports the move. "This industry does need some regulation," he said. "I would say that the mature side of the business wants responsible regulation, it's good for business, it's good for customers."

Deck the halls with double the data.

Shop early and double your data with Freedom Mobile.

$40 $35 PER MONTH
FOR 6 MONTHS.
OFFER ENDS SOON.

- 3GB of data + 3GB bonus*
- Unlimited Canada/U.S. talk
- Unlimited global text
- Low international calling starting at 1¢/minute

Freedom mobile

For details, visit freedommobile.ca

LG V20

Learn more at freedommobile.ca. Promo 40 plan and $30 service credit offer are available for a limited time and are subject to change or cancellation without notice. *Bonus 3GB of data per month will only be applied to the plan until January 31, 2018. To be eligible for the $30 service credit, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of $35 or $40. A $5 monthly credit will be applied to your account for up to 6 months to a maximum of $30. The credits will start to be applied to your account as a top-up before tax on your 2nd top-up date (for Pay Before customers) or as a bill adjustment before tax on your 2nd bill (for Pay After customers). May not be combined with any other in-market offer, with some exceptions. Additional terms and conditions apply. LG V20 is a registered trademark of LG Electronics Inc. Screen image simulated. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are trademarks of, or are used under license by, Freedom Mobile Inc.

NOW HIRING
GREAT CONTACT CENTRE OPPORTUNITIES!

Call Centre Representatives
- Guaranteed hourly wage
- Daily and weekly performance bonuses
- Paid every Friday
- New State of the Art Call Center
- Located in Downtown Ottawa near Gatineau
- Advancement opportunities
- Full time and Part time available
- 20 Full-Time & 10 Part-Time Positions Available

iMARKETING

FLUENT ENGLISH IS A MUST!
Contact Keith O'Connell
Phone: 1-800-210-8579 ext. 291
Email: keith.oconnell@imkgp.com

Eighteen-year-olds could legally buy pot

POLICY

Federal task force releases report planned on legalization

The federal government will bring in legislation next spring that could see storefront or mail-order sales of legal recreational pot to Canadians aged 18 and older if Ottawa adopts recommendations in a new report.

The report by a task force assigned to study how the Liberals could implement their campaign promise to legalize pot was released Tuesday, and said three provinces, including Ontario, may want to set the legal marijuana consumption age higher to match their minimal drinking age of 19.

Overall, the task force chair said regulation of many aspects of a new legalized marijuana market should be left up to provinces working with municipalities. It called for strict rules on personal possession, sale and distribution, along with massive investments on public awareness campaigns, research into the medical effects of marijuana, and on boosting law enforcement's ability to police drug-impaired drivers.

Anne McLellan, chair of the federal task force that released 80 recommendations Tuesday, said the panel "took into account" advice from the Canadian Medical Association which called for a minimum age of 21 years old for legal consumption based on fears of damage to teenage brains.

But McLellan said the report opted for a younger age to avoid the criminalization of the highest group of pot users — youth aged 18-25.

In an interview, McLellan said: "18 is the age at which young adults, and I call them deliberately young adults, are expected to be able to make decisions."

The 106-page report did not say at what price it expects organized crime or black market sellers would be squeezed out of the game, saying those questions will be up to provinces and commercial players in the marketplace. Generally its researchers assumed that pot now sells for about $8 a gram in the illegal market. The task force did not project how much revenue governments could make once they begin collecting taxes on legal pot sales.

But it made specific recommendations that individuals be allowed to legally possess 30 grams for personal use, or grow 4 plants in their own home, without having to face criminal sanction. TORSTAR NEWS SERVICE

People take selfies near Niagara Falls, newly illuminated by LED lights. JULIO CORTEZ/THE ASSOCIATED PRESS

TECHNOLOGY

Niagara Falls lights up for dark winters

The nightly spectacle of Niagara Falls lit up after dark just got more spectacular.

A $3-million upgrade saw the installation of 1,400 new high-tech lights called luminaires that beam brighter and more vivid rainbows of light from Canada onto the famous waterfalls.

Mixed together, the separate red, green, blue and white LED units can illuminate the waterfalls against the night sky in endless combinations that range from subtle hues to deeply saturated colours.

Perched on the upper level of an 1899 building known as "Illumination Tower," the high-intensity system unveiled Dec. 1 replaced a bank of 21 spotlights, each 30 inches in diameter, that were equipped with coloured gels.

The illumination highlights the sections of Niagara known as American Falls and Canadian Horseshoe Falls.

The first major upgrade in 20 years has more than doubled the previous lighting levels and filled in gaps the old spotlights could not reach. Officials expect it will reduce energy consumption by 60 per cent.

The shorter the days, the longer the night light shows, meaning winter offers prime viewing. Visitors unwilling to brave the frigid air outdoors can watch from the windows of hotels and restaurants on the Canadian shore. THE ASSOCIATED PRESS

IN BRIEF

Feds launch review of assisted dying law

The federal government has initiated the promised review of its restrictive law on medically assisted dying to determine if it should include those suffering strictly from mental illnesses, mature minors and those with competence-eroding conditions. The government said it has engaged the Council of Canadian Academies to conduct reviews on each group and report back by 2018. THE CANADIAN PRESS

No progress on indigenous rights, group says

Canada has made progress improving its human rights record, Amnesty International says, but has "stumbled" or "failed" in a number of areas — including indigenous rights. Alex Neve, the secretary general of Amnesty International Canada, says Trudeau's Liberal government has demonstrated leadership in areas such as transgender rights and fighting the death penalty around the world. THE CANADIAN PRESS

*Discount is taken off ticket price. Exclusions apply. See store for details.
**The percentage off is in relation to the price another retailer in Canada charges or would likely charge for the same or a comparable value item.

Rebels to evacuate in surrender

Syrian rebels reached a ceasefire deal to evacuate from eastern Aleppo in an effective surrender on Tuesday, as Russia declared all military action had stopped and the Syrian government had assumed control of the former rebel enclave.

The developments, which appeared to restore the remainder of what was once Syria's largest city to President Bashar Assad's forces, followed reports of mass killings by government forces.

UN Secretary-General Ban Ki-moon told the emergency meeting he had received "credible reports" of civilians killed by bombing and summary executions by pro-government forces.

The UN human rights office said it had received reports of pro-government forces killing at least 82 civilians in the rapidly-shrinking rebel enclave, including 11 women and 13 children.

A spokesman said the reports described pro-government forces entering homes and killing civilians "on the spot."

Rami Abdurrahman of the Britain-based Syrian Observatory for Human Rights said hundreds of bodies were still under rubble.

THE ASSOCIATED PRESS

Goodbye from Aleppo

Aleppo's doctors, activists and residents bid emotional goodbyes in online videos and social media posts. They wanted to have the final say in the merciless civil war.

MONTHER ETAKY: This planet doesn't want people to live as free or to live as humans.

ABDULKAFI ALHAMDO: At least we know that we were a free people...We didn't want anything else but freedom.

BANA ALABED: My name is Bana, I'm 7 years old. I am talking to the world now live from East #Aleppo. This is my last moment to either live or die.

LINA SHAMY: Every bomb is a new massacre. Save Aleppo, save humanity.

First came the distress calls from doctors in underground shelters and morgues. Then residents under relentless bombardment in the few remaining blocks under rebel control in Aleppo began posting emotional goodbyes on social media and in widely circulated messages.

They wanted to have the final say in the merciless civil war.

"There is a problem with this planet," said Monther Etaky, a 28-year old graphic designer. "This planet doesn't want people to live as free or to live as humans."

The world's view of the Syria conflict has been largely driven by YouTube, Twitter and Facebook — making it one of the world's most documented wars through amateur videos and coverage. This has given the activists a major role in chronicling the war, and in lobbying for the world's response.

Nearly six years into the conflict, they complained the world has been looking the other way.

"Why is this silence? People are being eliminated," tweeted Abdulkafi Alhamdo, an English teacher who has been a vocal critic of President Bashar Assad's government. Then, he wrote: "The last (message). Thanks for Everything. We shared many moments. The last tweets were from an emotional father. Farewell #Aleppo."

A local aid worker who gave only his first name, Omar, sent an emotional recorded message that was widely shared on Whatsapp.

"The government forces are at the end of the street. Forgive us," he said in issuing a tormented apology for failing to protect the rebel enclave, once seen as the jewel of Syria's rebellion.

After four years of holding onto nearly half of what was once Syria's largest city and commercial centre, thousands of residents of rebel-held Aleppo had been cornered in a one-square-mile sliver of land for days as Syrian government troops, backed by Russia, resisted calls for a cease-fire, pushing into the territory as rebel defences crumbled.

Etaky said the fast buckling of rebel defences shocked him at first.

After months of siege imposed since July the rebels had no more power to go on, he said. With their families trapped in the city with them, many fighters left the front lines to tend to their relatives' safety.

THE ASSOCIATED PRESS

GET THE
DEAL YOU WANT
ON THE ESCAPE
YOU WANT

PLUS
$500 YEAR-END BONUS CASH†

PURCHASE FINANCE THE
2017 ESCAPE SE FWD

$189 EVERY 2 WEEKS | 0% APR* | 72 MONTHS | $0 DOWN

OR A CASH PURCHASE FOR
$29,389^
OFFER INCLUDES $1,790 IN FREIGHT TAX

PLUS ELIGIBLE COSTCO MEMBERS RECEIVE UP TO AN ADDITIONAL $1,000† ON MOST 2016 AND 2017 FORD MODELS COSTCO WHOLESALE

For more information, head to **findyourford.ca** or visit your Metro Ford Dealers of Ottawa today.

IT'S EASY TO GET INTO A FORD

Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription.

metro VIEWS
Your essential daily news
Wednesday, December 14, 2016

JESSICA ALLEN ON A CELLULOID OBAMA

As the real Barack prepares to hand the keys over to the man who led the birthers, the last eight years seem really nice, in retrospect.

This year has seen no shortage of biopics. Films like Lion, Loving, and Denial, have introduced some of us to heroes whose names and stories we didn't know. Others have tackled the more familiar lives of those who go by a singular moniker — think Miles, Nina, Jackie, Sully, and Snowden.

And then there's Barry, who now goes by Barack. POTUS is the subject of not one but two films released this year, both of which take place before he was POTUS, and one of which, Barry, will be released on Netflix on December 16. Set in 1981, when Obama transfers to Columbia as a junior majoring in political science and English, the film delighted me, along with an audience of 1,200, when it premiered in September during TIFF.

In our house, biopics are a hot topic. Simon refuses to watch them, but I love them. The irony is that we probably love and hate them for the same reasons; the depiction of a life, be it a single defining moment or a broad sweeping cradle-to-grave affair requires reducing, like a good spaghetti sauce. But Simon has little faith in the genre, so I wasn't surprised that he's expressed no interest in watching Barry.

"What about Primary Colors?" I asked, citing a movie I know he loves.

"That was different," he said. "It was a roman à clef."

I couldn't quite see how that mattered. Would the film's attempt to show the sordid, warts-and-all machinations of the political process be fatally undermined if John Travolta's character was called Bill?

The thing is, Barry is a nice movie. And as the real Obama prepares to hand the keys to the kingdom over to the man who led the public crusade for the release of his birth certificate, the last eight years are starting to seem really nice, too.

Biopics are often as much about the past as they are about the present and even the future.

Devon Terrell as Barack Obama in a scene from Barry. LINDA KALLERUS/NETFLIX/THE ASSOCIATED PRESS

Under his watch, same-sex couples gained the right to marry, the unemployment rate fell, as did the number of uninsured adults, and Osama Bin Laden was killed, journalist Stephen Marche noted almost a year ago in the Los Angeles Times. But not everything has come up roses: "Under an African American president, we've grown used to the fact that white police officers kill unarmed black civilians," he wrote. "Under a liberal president, the rich have gotten richer and the middle class has stagnated."

Yet "even as the world is beginning to tote up his legacies for the great pissing contest of op-ed history," Marche wrote a few weeks ago, in a piece called "The Obama Years" for the Los Angeles Review of Books, "I doubt anyone will be able to capture his saturation of our imagination."

He may be right. But Barry manages to capture something beautiful: meditative moments are weaved throughout the narrative that illuminate the life of a man trying to figure out who he is, where he comes from, and where he is going. Even scenes that foreshadow greatness aren't ham-fisted: when Obama meets the parents of a white woman he's dating, he slowly ascends stairs whose walls are lined with gilded-frame oil paintings of past presidents. When he picks up books from a street vendor, one is Ralph Ellison's Invisible Man, which he still cites as a favourite. Another is by W.E.B. Du Bois, the first African American to get a doctorate from Harvard, where Obama went to law school after his time at Columbia.

After the credits rolled and the filmmakers and cast walked on stage, the audience waited for Devon Terrell, the actor who had taken on the enormous task of portraying the president of the United States for his first feature film, to speak. And as he told us how he wanted to avoid caricature (he did), how he learned to write and play basketball left-handed, how he had an emotional connection to Obama because change the name and it could've been about him, we rustled in our seats with surprise upon hearing his voice. "I'm Australian by the way," he said.

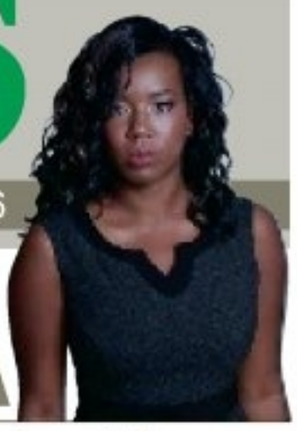
"We really wanted to make sure that you could relate to Barry," director Vikram Gandhi said, "that you can glean something about race in America, and that even if you forgot who he would become, you'd still believe he would become someone significant."

But it was sometimes difficult to lose sight that Barry would become Barack, especially during a love scene that left a row of women directly behind me whooping and hollering, "Michelle isn't gonna like that," one of them said, assuming for a moment that she'll see it.

And maybe the Obamas will "Netflix and chill." Biopics are often as much about the past as they are about the present and even the future, even though the foreshadowing is not always intentional. When Barry's filmmakers, for example, conceived of the project and saw it through, they must've felt celebratory. Even back in September there were was a sense of elation in the audience. But now, the moment portrayed, and the last eight years, feel less like a celebration. They feel like an elegy.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA



The term 'woke' is hereby put on ice until further notice

Dearly beloved, we are gathered here today to say goodbye to "woke."

I'm not putting woke away out of meanness; I just want to save it from the same fate as "shade." A phrase from drag culture's rich lexicon, the mainstreaming of "shade" enriched the cultural landscape. At first. "Shade" now has a thriving career in being misapplied by news outlets desperate for millennial clicks. (The misuse of shade is being expertly adjudicated with tireless, if vexed, commitment by Jezebel's Kara Brown.)

Woke must be buried to save us from ourselves. We clearly don't know what words mean anymore.

Woke had a good run. Erykah Badu sang it in her 2008 song "Master Teacher," which birthed the current popular meaning of the word.

Woke had a quiet adolescence in being used mainly by Badu fans and tired people. But always, for Black people, wokeness meant staying alert to the injustices levelled at our bodies and communities, and continuing to resist the systems that perpetrated those injustices. After the 2012 murder of Trayvon Martin and the exoneration of his murderer, Black people on Twitter reminded each other to #staywoke.

Recently, former Fox News screaming chalkboard Glenn Beck has been described as woke. Writing for the New York Times he said, black lives matter, possibly, especially for the couple of black people he has personally met. (I'm paraphrasing but only to save you the time.)

This belief in the partial humanity of black people, added to a New Yorker interview in which he admitted to being influenced by Barack Obama, made some people believe that Beck was woke now. He is not.

Beck's media platform, The Blaze, continues to peddle the same shrill toxicity that his Fox News show once amplified. Tomi Lahren, a sort of Ann Coulter but blonder and less overtly racist, hosts a show for The Blaze. If Glenn Beck is woke, his work manages not to be.

Wokeness isn't be a badge to be shined; for black people, it's a mode of survival. And for white populations, it must be matched with a desire and actions to protect the most vulnerable and marginalized.

As the horrors of the Trump presidency are unveiled, people — by this, I largely mean white people — will awaken to the fact that Muslims and Mexicans are, indeed, human beings. They must not be allowed to claim wokeness. Rather than let it be diluted by mainstream (read: white) culture in the manner of a Disney movie, we must put woke into the vault.

Words lose their impact when they cease to mean anything. In the way that "alt-right" obscures hate, "woke" gives many people more credit than they've earned.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

Wednesday, December 14, 2016

Wonder Woman has been fired from her honorary ambassador job at the U.N. following protests about her suitability as a role model.

5 WINES FOR WHATEVER TYPE OF BOSS YOU HAVE

Face it. You can't buy your boss a piece of clothing (too personal), or cologne (too allusive) or a book on how to be a better boss or human being (as tempting as that may be). But you can never go wrong with a bottle of wine. So to help you wrap up your gift game, we've paired five bottles to five breeds of bosses. See if you can find yours on the list. TORSTAR NEWS SERVICE

1 Young and restless boss

2015 Big Bill Ridiculously Big Cabernet Sauvignon, Western Cape, South Africa (LCBO 457119, $12.95, in stores only)

If your boss is under 35 and recently discovered the glories of fermented grape juice, thrill him or her with this red — it's a bit of a big deal. Not only does it sport a funky name and cool label, it tastes amazing, with loads of ripe, opulent fruit layered with notes of bonfire, cigar, baking spices and chocolate-covered burnt almond. And the wine is a tribute to a real-life hero, making it a great boss gift. This bottle was made to honour William "Big Bill" Millar, the boxing champ, war hero, rugby captain and first GM of this wine's winery, KWV. A solid gift idea for the millennial boss. **Score: 89+**

2 Praise-happy boss

Santa Margherita Brut Valdobbiadene Prosecco Superiore, Veneto, Italy (Vintages Essential 687582, $18.95 reg., $16.95 till Dec. 30)

You know the boss whose eagerness to praise knows no bounds? The one who lives for small successes, publicly applauding everything from big business wins to the most inane ideas. Resist the urge to give him or her a box of shiny stars and instead give something to toast the next achievement. So give a bottle or two of this delicious, dry, pear-and-seaspray-scented Prosecco and be done with it. **Score: 94**

3 The Devil Wears Prada boss

NV Paul Dangin & Fils Brut Cuvee Carte Blanche Champagne, France (Vintages 450460, $51.95, in stores only)

To impress this bejewelled boss, you need something so profoundly stylish that only those in the know would see it for the gem it is. The find? This beautiful Blanc de Blancs Champagne, which Maxim's of Paris has been serving for years (with Maxim's labelling of course). Pierced by a delicate string of tiny, persistent bubbles and brimming with aromas and flavour of the best-ever apple crumble edged with salted nuts, this wine is drop-dead gorgeous. Paul Dangin & Fils also supplies Champagne to the British royal household by appointment from Her Majesty the Queen.
Score: 94

4 Creative genius boss

2013 Big Smooth Old Vine Zinfandel, California (Vintages 470179, $24.95, in stores only)

If you work for a creative genius, odds are they didn't move up the ranks by MBA skills alone. So give a bottle that's both smart and scrumptious — such as The Big Smooth, which just hit shelves. The leg-lamp label symbolizes the holidays because it's a prop from A Christmas Story; the plum velvet label mirrors the wine's flavour and texture; and the wine's instant appeal, complexity and polished purity of fruit says you know your stuff. Best part? None of this will be lost on the recipient.
Score: 91

5 Button down boss

2010 Montecillo Rioja Reserva, Rioja, Spain (LCBO 621003, $18.15)

If your boss is the buttoned-down type, s/he no doubt has a built-in, knee-jerk, deeply-ingrained appreciation of the classics. And this traditional Rioja Reserva, with six years of age on it, is sure to please and offers exceptional value for money. It's sleek glossy texture slides across the palate then broadens and deepens almost instantly to reveal rich but bone dry flavours of black cherry and black raspberry edged with vanilla bean, milk chocolate, coffee bean, toasty oak and toffee. A lovely chalky-texture on the finish holds the flavour intact for ages. You'll want to buy one for yourself, too. **Score: 92**

Valid For Most Weight Loss Programs
$1,800 WEIGHT LOSS GRANT
Do You Have More than 20 lbs to Lose? - Apply Today!
www.weightlossgrants.org
Visit www.weightlossgrants.org for full Guidelines.

Why Jones' Jyn is the perfect tonic

INTERVIEW

New heroine is latest to prove that Star Wars is no boys club

Rogue One: A Star Wars Story was the kind of large-scale role Felicity Jones couldn't turn down. CONTRIBUTED

Star Wars gets a bad rap for being a boys club, and sometimes rightfully so, but the truth of the matter is that women have always been an integral part of George Lucas's world and the franchise's fan base. On screen, the names Leia, Amidala and Rey are as instantly recognizable and known as any others — and none were ever just playing "the girl."

With this now 39-year-old tradition in mind, Rogue One: A Star Wars Story introduces a new heroine to the ranks — Jyn Erso, an abandoned child of war who must decide what she believes in as the world devolves into chaos. Director Gareth Edwards talked about developing the character and settling on the idea that "Jyn isn't just a woman — she's a person."

"I wanted to make a character that I would want to be. Not to fancy her or want to marry her, but want to be her. It was just a cool person," Edwards continued.

He and the team at Lucasfilm settled on English actress Felicity Jones, 33, to play the part. Already an Oscar nominee for her portrayal of Jane Hawking in The Theory of Everything, Jones had been making a name for herself in smaller projects, like the indie romance Like Crazy.

"For years I've been constantly looking for these kinds of parts and these kinds of films and the opportunity to make it on such a large scale was pretty hard to turn down," said Jones, who also appears in the upcoming fantasy tale A Monster Calls and opposite Tom Hanks in Inferno.

Jyn gets the full weight of an origin story in Rogue One, out Friday. Her father, Galen Erso (Mads Mikkelsen), is a scientist who once worked for the Empire, left that life behind and, at the beginning of the film, gets drawn back in to help finish the Death Star — leaving his young daughter behind to fend for herself.

As an adult, she's forced to confront her past in various ways.

"I like her determination," Jones said. "She doesn't let go of something until she succeeds. She is very, very focused and tenacious in the face of when she's set a task."

And while Jyn is not a princess or a queen or, well, whatever Rey turns out to be, Jones does think she shares similarities with those who came before her.

"They are quite forthright but they are instinctive and they kind of — they don't mess around," Jones said. "She's very true to the other 'Star Wars' heroines in that way." THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Word police play it forward

THE SHOW: Brooklyn Nine-Nine, Season 4, Episode 9 (Fox/City)
THE MOMENT: The reporters' names

Hyperactive cop Jake Peralta (Andy Samberg) and his deadpan captain Ray Holt (Andre Braugher) are watching an unqualified colleague get a commendation because, Peralta says, they "overmined" him — gave him credit he didn't deserve. Holt winces at "overmined."

"You know I hate when you make up words," he says.

"Are you still mad at me for saying 'snaccident'?" Peralta asks.

"Yes. Very," Holt replies.

Peralta looks around at the crowd of reporters. "Even The Times is here," he says.

"Really? Who'd they send?" Holt asks, then fires off, "Wilson? Palmer? Schneider? Levine? Rogers? Tyler? Baker? Schmidt?"

"Stop saying reporters' names," Peralta says. "How do you know so many names?"

"They're the only real rock stars we have left," Holt says.

You know you're invested in a TV show when you feel like they're writing jokes just for you. This particular exchange was like an early Christmas present with my name on it.

Not only are Peralta and Holt a 21st-century Laurel and Hardy, with a delivery that's like a well-oiled lock and key. Not only did I laugh a long time at "snaccident."

But then Holt — still perfectly within the established parameters of his character, mind you — tossed that lovely bone to us hangdog newspaperfolk, who are reluctantly watching our lights go out all over North America.

This show is allegedly about cops, but really it's about wordplay. The writers (and their hyper-articulate characters) are drunk on it. And this highly specific shout-out is their toast to reporters, their comrades in type.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

FRUITS

Learning to love persimmon

Karon Liu
Torstar News Service

My mom doesn't find much pleasure in eating fruits. Frankly I'm surprised she hasn't come down with scurvy.

But, around this time of year she'll buy cases of persimmon, a deep orange fruit originating from Japan and China, that are in season throughout the late fall and winter months. It took me a while to appreciate the milder flavour of the wintertime fruit, but now I look forward to it when fresh, seasonal fruit is scarce in Ontario.

Persimmons are mildly sweet and juicy with a slight crunch that reminds me of a cross between a peach and a pear. In supermarkets you'll commonly find two kinds of persimmons: the fuyu and hachiya.

Aside from eating them raw by itself or in salads or cheese platters, persimmons can also be cooked. Treat them like you would with an apple and turn them into jams, purees, tarts and cakes.

You can bake them, poach them in wine, or pair them with pork like I did for this easy pork chop and Brussels sprouts dish.

Persimmons can work well baked or poached. CONTRIBUTED

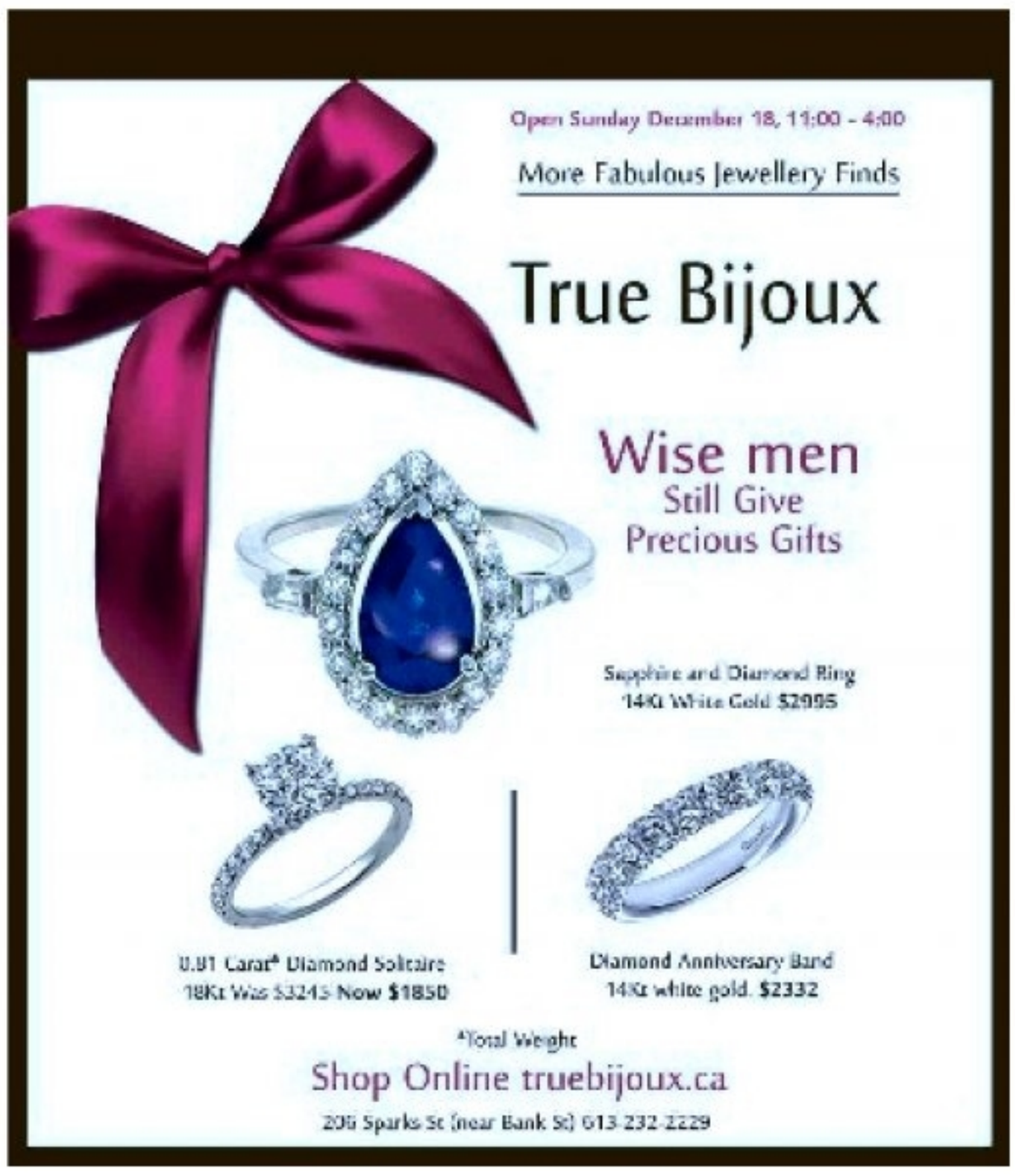
Pork chops with warm persimmon and Brussels sprouts

Makes 1 serving.
Ingredients:
- 2 tsp (10 mL) olive oil
- 1 garlic clove, minced
- 10 to 12 Brussels sprouts, halved
- 1 ripe persimmon, peeled and cut into eighths
- Salt and pepper, to taste
- 1 tsp (5 mL) olive oil
- 4.5oz (125g) boneless pork chop
- Balsamic vinegar, for garnish

Directions:
1. In a large skillet over medium heat, heat oil. Add garlic and Brussels sprouts. Season with salt and pepper. Lightly toss and cook until sprouts begin to brown and soften, about 6 to 8 minutes.

2. Add persimmon and toss for another 3 or 4 minutes, or until persimmon softens slightly and Brussels sprouts begin to slightly char. Remove and transfer to serving plate.

3. Wipe down pan and heat 1 tsp oil over medium high heat. Cook pork chop for 3 to 4 minutes on each side. Let rest of 5 minutes before slicing. Transfer to plate, drizzle meat and vegetables with balsamic vinegar. Serve immediately.



metro WHEELS
Your essential daily news
Ford Performance introduces race-ready Mustang for track only

It'll make you feel like a teen again

REVIEW

WRX STI has high level of driving engagement

Jodi Lai
AutoGuide.com

Subaru people are among the most vocal in the world of automotive fandoms about how much they love their cars.

I've driven practically the whole lineup of Subaru cars, and while they are very decent vehicles, I was never overwhelmingly impressed by them. They were good, but not the best. The Subaru fandom always left me a bit confused, and I assumed they adhered to some sort of cult mentality with their blind faith in a quirky brand.

That's until I finally got to drive the 2017 Subaru WRX STI, which may have made me into a convert.

After spending some quality time with the sedan, I am now able to fully understand the draw of the STI. The beautiful thing about it — and let's not kid ourselves, it's not how it looks — is how it makes you drive like a teenager who has nothing to lose. There's a level of driving engagement that is pretty much unmatched by anything else in its price range. It's impossible not to have fun when driving it, even when you're going slow. Cars like this are really rare, and I was actually really surprised by how giddy I felt driving it.

The one thing that people might not like about this car is that drama. Nobody is going to see this car and assume a responsible adult is driving it. Passersby and law enforcement will notice the huge hood scoop and comically large wing sitting on the trunk, hear the exhaust's aggressive cracks and burbles, and see someone who's looking for trouble. I think that's all part of the fun. Sleepers have their place in the world, but I'm just so entertained by the constant drama surrounding this car.

The fun starts with the powertrain, a turbocharged 2.5-litre boxer four-cylinder and permanent full-time all-wheel drive. The engine puts out 305 hp and 290 pound-feet of torque, and the STI is one of the only cars that is still exclusively available with a manual transmission. This six-speed manual is great to use, with short and precise throws (it's much better than the one in the WRX). The gearing for first and second are a bit short and you'll hit redline in no time, so I wish those gears were a little bit taller, but it's not a deal-breaker.

The brakes are sharp, the clutch is the right weight and feels intuitive to use and the steering is also fantastic, heavy, dialed-in and responsive, and quicker than WRX. Off-the-line acceleration is freaky fast, though not drag strip fast, and max torque is available as early as 2,000 rpm. There is a wee bit of turbo lag, but the car feels light, and like it's always ready to throat-punch you, but is also entirely manageable at the same time.

I finally understand what Subaru fanboys are always going on about.

THE CHECKLIST | 2017 SUBARU WRX STI REVIEW

THE BASICS

Engine: 2.5L turbo four-cylinder
Power: 305 hp, 290 lb-ft
Transmission: Six-speed manual
Fuel Economy (L/100 km): 13.8 city, 10.2 hwy
Price: Starts at $40,795 (for Sport model)

LOVE IT
- Engaging drive
- Daily usability
- Fandom

LEAVE IT
- Cop magnet
- Inferior infotainment

TIPS

Steps to storing your car for the long winter season

Dan Ilika
AutoGuide.com

It's December, a dreaded time of year for classic and sports car owners living where the mercury drops and the white stuff falls.

Attachment issues aside, there's no better way to protect your ride from the elements than keeping it out of them altogether. \With that in mind, here are eight helpful tips to get your car ready for its winter hibernation.

Store it somewhere dry

While leaving your car outside is certainly an inexpensive storage option, it defeats the purpose of taking your ride off the road for the winter months. That's where a garage comes in handy — and preferably a climate-controlled one with a concrete floor.

If it's just not realistic to boot your daily driver out of the garage for the next four months, paying for indoor storage is a worthwhile endeavor.

Change the fluids

Before you put it away, it's important to change your vehicle's fluids. Everything from the engine oil and filter to the coolant — and even the gas — should be replaced with clean stuff to reduce the potential for harmful contaminants floating around vital components.

Put it away clean

So you've driven your beloved ride one last time. The next step is to get it ready for storage with a thorough cleaning. Handwashing and waxing isn't just therapeutic; it also provides an extra layer of protection against corrosion and damage to the paint and exposed components. A thorough detail job inside and out won't hurt either, and will leave your ride road-ready come spring. Once it's all spick and span, close the windows and put some boxes of baking soda in the cabin and cargo area to absorb moisture.

Keep the critters at bay

Insects and small animals like mice love to find cosy places to settle down for the winter, so don't let it be your classic or sports car's cabin or engine bay. Make sure all the doors and windows are sealed tightly, and wrap up the exhaust and air intake to keep pests from crawling inside.

Steel wool can also be stuffed inside the exhaust and intake if you so choose, but don't push it in too far or you'll be fighting to get it out in the spring. Once that's done, put a quality car cover on it.

Prop it up on jack stands

This step may seem a little on the extreme side, but it's an important one — especially if the vehicle is going to sit stationary for weeks on end. Leaving the car on its tires for a prolonged period can lead to flat spots, particularly if it's fitted with retro bias ply tires or softer radials.

DON'T START

Use whatever willpower you have to avoid hopping in and starting the engine — unless, of course, you plan on driving it. Idling the engine will do more harm than good.

NISSAN

Innovation that excites

NISSAN

BOXING MONTH EVENT

GET AN ADDITIONAL $ BOXING MONTH BONUS OF UP TO **2,000** ON SELECT NEW 2017 MODELS

OR

NO PAYMENTS FOR 90 DAYS

WHEN FINANCING SELECT REMAINING 2016s FOR UP TO 72 MONTHS

ROGUE ONE
A STAR WARS STORY.
ONLY IN THEATRES

2016 Rogue SL model shown▲

2017 Rogue SL model shown▲

2016 ROGUE®

GET UP TO

$5,600+

TOTAL STANDARD RATE FINANCE INCENTIVES

INCLUDES $600 AFTER TAX LOYALTY/ CONQUEST INCENTIVE ON REMAINING 2016 ROGUE SL

THE NEW 2017 ROGUE®

LEASE* FROM $258 MONTHLY WITH $995 DOWN

THAT'S LIKE PAYING ONLY

$59 AT 0.99%

WEEKLY ON 2017 ROGUE S FWD

APR FOR 60 MONTHS

AVAILABLE ON 2017 MODELS

- INTELLIGENT CRUISE CONTROL
- FORWARD EMERGENCY BRAKING
- HEATED STEERING WHEEL

2016 Sentra SR model shown▲

2017 Sentra SR model shown▲

2016 SENTRA®

GET UP TO

$5,000+

TOTAL STANDARD RATE FINANCE INCENTIVES

INCLUDES $500 AFTER TAX LOYALTY/ CONQUEST INCENTIVE ON REMAINING 2016 SENTRA SL

2017 SENTRA®

LEASE* FROM $170 MONTHLY WITH $0 DOWN

THAT'S LIKE PAYING ONLY

$39 AT 0.99%

WEEKLY ON 2017 SENTRA S MT

APR FOR 60 MONTHS

AVAILABLE ON 2017 MODELS

- TURBO ENGINE

2016 Pathfinder Platinum model shown▲

2017 Pathfinder Platinum model shown▲

2016 PATHFINDER®

GET UP TO

$6,800+

TOTAL STANDARD RATE FINANCE INCENTIVES

INCLUDES $800 AFTER TAX LOYALTY/ CONQUEST INCENTIVE ON REMAINING 2016 PATHFINDER PLATINUM

2017 PATHFINDER®

LEASE* FROM $381 MONTHLY WITH $0 DOWN

THAT'S LIKE PAYING ONLY

$88 AT 4.75%

WEEKLY ON 2017 PATHFINDER S 4X2

APR FOR 60 MONTHS

NOW ALL HONDA, TOYOTA, HYUNDAI, MAZDA AND NISSAN OWNERS

GET EXCLUSIVE ACCESS TO OUR **LOYALTY PROGRAM.**

GET UP TO A **$2,000** LOYALTY/CONQUEST CASH**

WHEN FINANCING OR LEASING WITH NCF

VISIT CHOOSENISSAN.CA OR YOUR LOCAL RETAILER

Offers available from December 1 – 31, 2016. Rogue One: A Star Wars Story © 2016 & TM Lucasfilm Ltd. ⁻Boxing Month Bonus applies to cash purchase only. Maximum $2,000 available on 2017 Altima. *No payments for 90 days applies to any new and previously unregistered 2016 Micra (except S MT S5LG56 AA00)/2016 Versa (except S MT B5RG56 AA00) /2016 Sentra (except S MT C4LG56 AA00) /2016 Rogue (except S FWD Y6RG16 AA00) models financed through Nissan Canada Finance Inc. ("NCF"), on approved credit, between Dec. 7 2016 and Jan. 3, 2017. Offer only applies to finance contracts through NCF with a term of 72 months or less. Bi-monthly payments are deferred for 90 days. Contracts will be extended accordingly. Interest charges (if any) will start to accrue from the beginning of the finance contract and the purchaser will repay principal and interest bimonthly over the term of the contract, but not until 90 days after the contract date. Conditions apply. Offer is subject to change or cancellation without notice. Payments cannot be made on a weekly basis, for advertising purposes only. *Representative monthly lease offer based on a new 2017 Rogue S FWD/2017 Sentra S MT/2017 Pathfinder S 4x2. 0.99%/0.99%/4.75% lease APR for 60/60/60 months equals monthly payments of $258/$170/$381 with $995/$0/$0 down payment, and $0 security deposit. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $16,462/$10,222/$22,852. Lease Cash of $750/$1,500/$0 is included in the advertised offer. +Total Standard rate finance incentives of $5,600/$5,000/$6,800 applicable, on approved credit, when financing a new 2016 Rogue SL/2016 Sentra SL/2016 Pathfinder Platinum through Nissan Canada Finance Inc. ("NCF") at standard rates. Total incentives consist of: (i) $5,000/$4,500/$6,000 NCF Standard Rate Finance Cash that will be deducted from the negotiated selling price before taxes; and (ii) $600/$500/$800 Loyalty Conquest Cash that will be deducted from the negotiated selling price after taxes. Incentives cannot be combined with lease rates, subvented lease/finance rates or with any other offers. **Loyalty/ Conquest Cash("Offer") is available only to eligible customers who, in the 90 days preceding the date of lease/finance of an Eligible New Vehicle (defined below), have leased or financed a 2007 or newer Nissan, Honda, Toyota, Mazda or Hyundai brand vehicle (an "Existing Vehicle") within past 90-days. Eligibility for the Offer will be determined by Nissan Canada Inc. ("NCI") in its sole discretion. Proof of current ownership/lease/finance contract will be required. Offer is not transferrable or assignable, except to the current owner's spouse or a co-owner/co-lease of the existing vehicle (either of whom must reside within the same household as the intended recipient of the offer). Individuals who purchased/leased a vehicle under a business name can qualify for the program provided that the new deal is not a fleet deal and that the individual can provide valid documentation that they are the registered primary owner of the business. If the eligible customer elects to lease or finance a new and previously unregistered model year 2016 Nissan brand vehicle (excluding NV, Fleet and daily rentals) (an "Eligible New Vehicle") through Nissan Canada Finance Inc. (collectively "NCF"), then he/she will receive a specified amount of NCF Loyalty/Conquest Cash, as follows: (i) 2016 ALTIMA ($2,000); (II) 2016 MICRA/VERSA NOTE/SENTRA ($500); (III) 2016 JUKE/ROGUE ($600); (IV) 2016 PATHFINDER ($800); (V) 2016 TITAN XD ($1,000); (VI) 2017 TITAN HALF TON ($1,000); (VII) 2017 MICRA/VERSA NOTE/SENTRA ($500); (VIII) 2017 ALTIMA ($1,250); (IX) 2017 ROGUE/JUKE ($600); (X) 2017 PATHFINDER ($800). Loyalty/Conquest Dollars will be applied after taxes. Offer is combinable with other NCF incentives, but is not combinable with the Nissan Loyalty program. Offer valid on vehicles delivered between December 1-31, 2016. ▲Models shown $38,524/$37,474/$28,029/$27,729/$50,404/$49,324 Selling price for a new 2017 Rogue SL (PR00)/ 2016 Rogue SL (BK00)/2017 Sentra SR (RL00)/ 2016 Sentra SR (AA00)/2017 Pathfinder Platinum/2016 Pathfinder Platinum. All Pricing includes Freight and PDE charges ($1,795/$1,600/$1,795) air-conditioning levy ($100), applicable fees, manufacturer's rebate and dealer participation where applicable. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. See your participating Nissan retailer for complete details. Certain conditions apply. ©2016 Nissan Canada Inc.

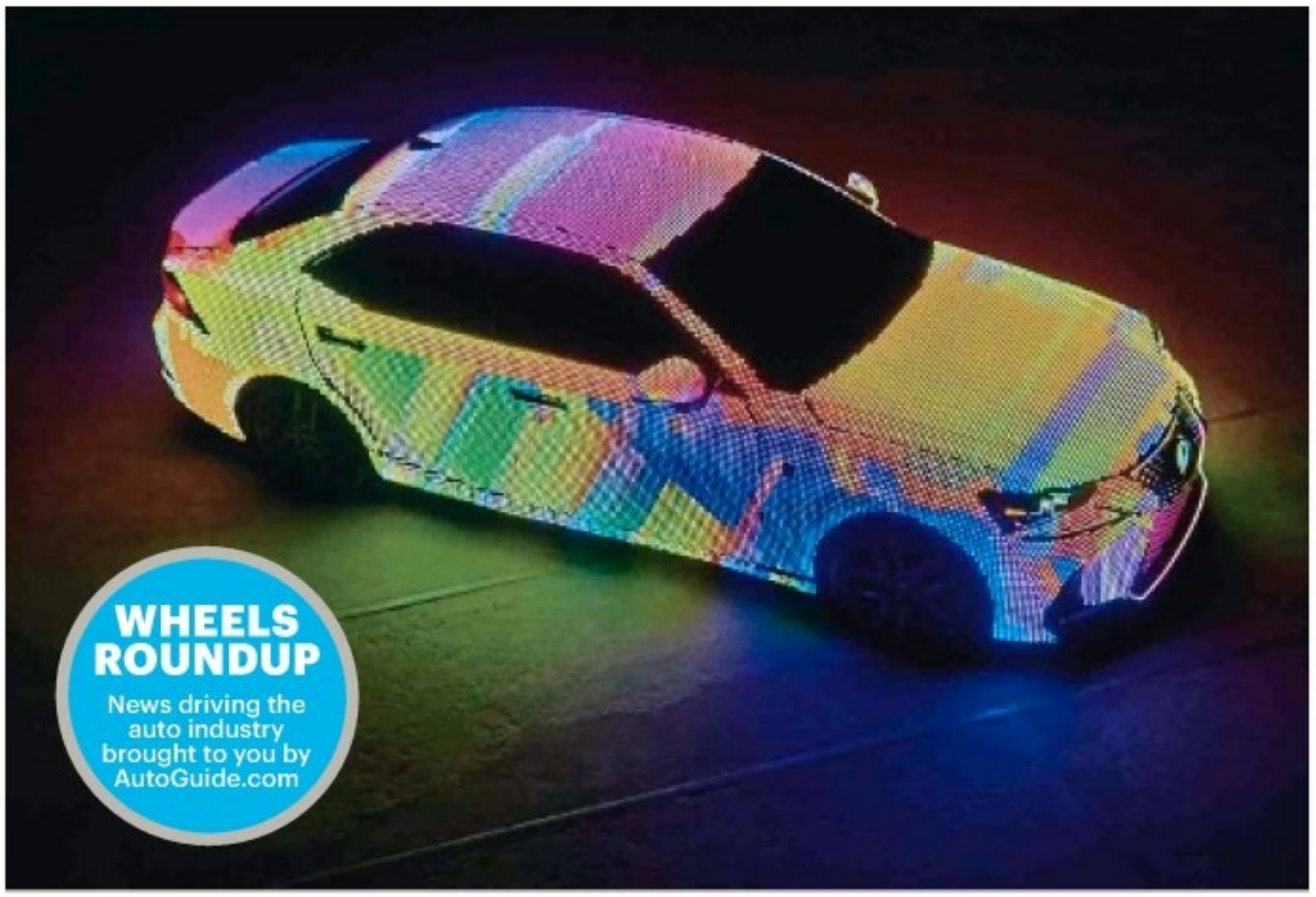
This custom Lexus is literally LIT

IN BRIEF

Alfa Romeo's stunning sedan finally has a price

The 2017 Alfa Romeo Giulia will start from $50,790 including destination in Canada. The base-model Alfa Romeo Giulia is powered by a 2.0-litre turbocharged four-cylinder engine with 280 horsepower and 306 pound-feet of torque while paired to an eight-speed automatic transmission. Standard on the sedan are leather seats, 10-way power front seats including four-way lumbar, bi-xenon headlights with signature LED daytime running lights and LED tail lights, dual exhaust, backup camera with dynamic gridlines and rear park sensors, bright chrome window trim surround, remote proximity sensor with push button start, remote start, seven-inch full-colour TFT display and more.

JASON SIU/AUTOGUIDE.COM



WHEELS ROUNDUP

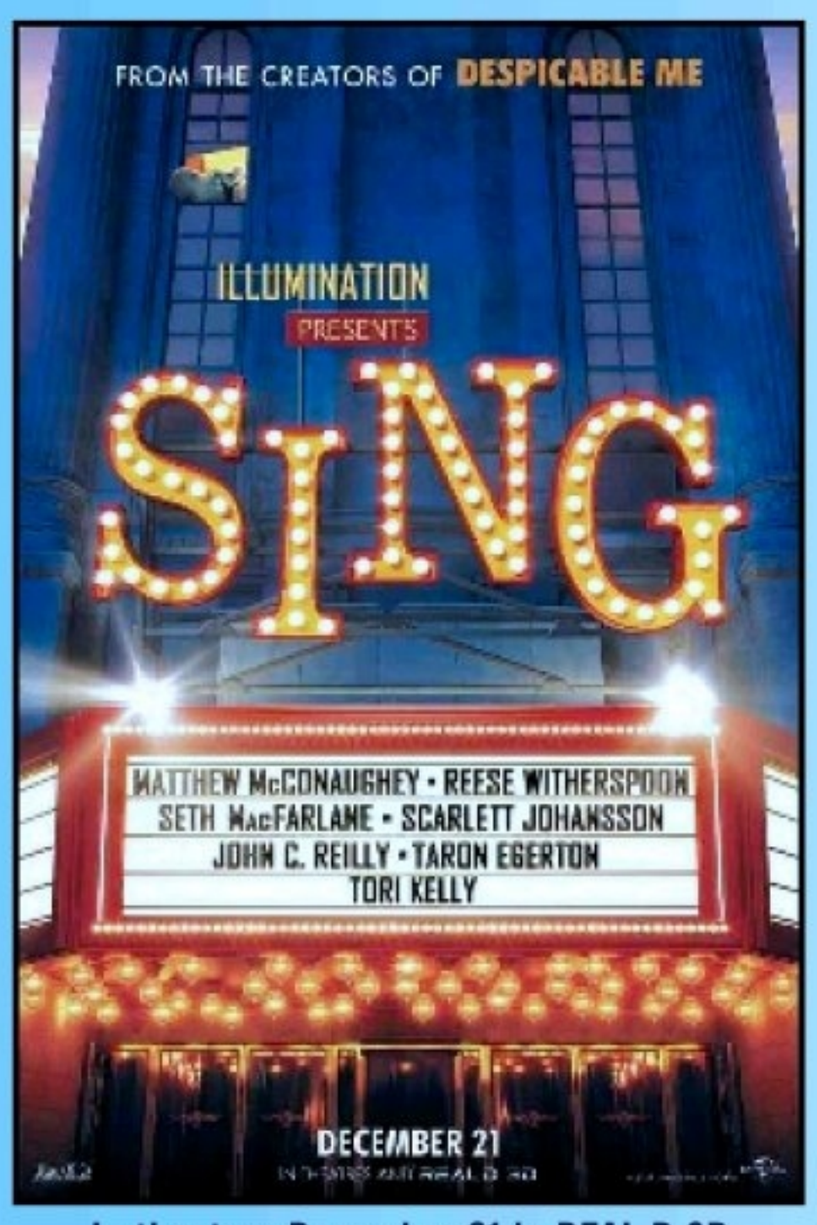
News driving the auto industry brought to you by AutoGuide.com

LED LIGHTS

Lexus stars in music video

Producing 175,000 lumens when fully illuminated, the Lexus LIT IS has just debuted featuring 41,999 programmable LEDs. According to the Japanese luxury automaker, the custom IS was designed to send a bold signal, with the LEDs turning the sedan into a screen capable of broadcasting graphics and videos. The LIT IS is featured in U.K. chart-topping artist Dua Lipa's new music video for her hit song Be the One. To showcase the Lexus IS as a work of art, technology, and design, Lexus teamed up with Vevo to use hand-applied LEDs to help generate colourful, mesmerizing animations in response to gestures and music. If all the LED strips that were used on the LIT IS were placed end to end, it would stretch half a mile in length.

JASON SIU/AUTOGUIDE.COM



In theatres December 21 in REAL D 3D

YOU COULD **WIN** PASSES TO THE ADVANCE SCREENING OF

ILLUMINATION PRESENTS SING

FROM THE CREATORS OF *DESPICABLE ME* AND *THE SECRET LIFE OF PETS* COMES THE MOVIE CRITICS ARE CALLING "WILDLY ENTERTAINING" AND "A TREAT FOR THE EARS AND EYES!"

UNIVERSAL PICTURES AND ILLUMINATION ENTERTAINMENT PRESENT MATTHEW McCONAUGHEY, REESE WITHERSPOON, SETH MacFARLANE, TARON EGERTON, TORI KELLY AND SCARLETT JOHANSSON IN *SING*.

For your chance to win, go to:

Toronto Star metro Wonderlist.ca

No purchase necessary. Contest open to residents of Ontario, British Columbia, Alberta and Manitoba who have attained the age of majority as of the start of the Contest Period. Odds of winning depend on the number of eligible entries received. 20 prizes in each market. Value of each prize is $25 CAD. Skill-testing question required. Contest period is 6:00am ET on December 14 to 9:00am ET on December 16, 2016. Complete contest rules at Wonderlist.ca

the BIG CA$H HOLIDAY EVENT

0% FINANCING UP TO 84 MONTHS

UP TO

$12,850◊

IN TOTAL DISCOUNTS

INCLUDES $500 HOLIDAY BONUS CASH^Ω

Everyone likes a little extra cash^Ω during the holidays.

2016 DODGE GRAND CARAVAN CANADA VALUE PACKAGE

CANADA'S BEST-SELLING MINIVAN FOR MORE THAN 32 YEARS

Starting From Price for 2016 Dodge Grand Caravan Crew shown: $29,895.[3]

PURCHASE FOR ONLY

$20,999

PURCHASE PRICE INCLUDES $8,000 CONSUMER CASH,* FREIGHT, A/C CHARGE, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.+

INCLUDES **$8,000** IN TOTAL DISCOUNTS◊

STEP UP TO

THE 2016 ULTIMATE FAMILY PACKAGE

AND GET **$12,850** IN TOTAL DISCOUNTS◊

INCLUDES **$500** HOLIDAY BONUS CASH^Ω

(HOLIDAY BONUS CASH CAN BE ISSUED AS A CHEQUE)

- Tri-zone temperature control
- Uconnect® hands free
- Entertainment group
- SXT Plus group

2016 DODGE JOURNEY CANADA VALUE PACKAGE – THE MOST VERSATILE CROSSOVER IN ITS CLASS^

PURCHASE FOR ONLY

$20,999

PURCHASE PRICE INCLUDES $2,250 CONSUMER CASH,* FREIGHT, A/C CHARGE, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.+

INCLUDES **$2,250** IN TOTAL DISCOUNTS◊

STEP UP TO

THE 2016 ULTIMATE FAMILY PACKAGE

AND GET **$6,700** IN TOTAL DISCOUNTS◊

INCLUDES **$500** HOLIDAY BONUS CASH^Ω

(HOLIDAY BONUS CASH CAN BE ISSUED AS A CHEQUE)

Starting From Price for 2016 Dodge Journey Crossroad shown: $32,140.[3]

- Navigation and sound group
- Uconnect® hands free
- Rear seat DVD

2016 JEEP CHEROKEE NORTH FWD – BEST-IN-CLASS CAPABILITY[1]

Starting From Price for 2016 Jeep Cherokee North shown: $32,290.[3]

$165 @ 1.99%

BI-WEEKLY FINANCING◊

FOR 96 MONTHS WITH $0 DOWN

THAT'S LIKE PAYING ONLY $83 A WEEK!

OR CHOOSE **0%** FINANCING† FOR 84 MONTHS ON MOST MODELS

AND GET **$1,500** IN TOTAL DISCOUNTS^■ ON MOST MODELS

- Heated front seats, steering wheel & exterior mirrors
- Uconnect® 8.4 Multimedia Centre
- Hands-free communication with Bluetooth® & SiriusXM™ satellite radio
- ParkView® Rear Back-up Camera
- Remote Start System

LEASE A VERY WELL-EQUIPPED 2017 RAM 1500 CREW SPORT 4X4!

FROM

$369 MONTHLY†† @ **0%** FOR 39 MONTHS WITH $1,999 DOWN/$500 SECURITY DEPOSIT ORDER MAY BE REQUIRED

THAT'S LIKE PAYING ONLY $85 A WEEK!

Starting From Price for 2016 Ram 1500 Sport with Performance Hood shown: 42,135.[3]

- Uconnect® 8.4 multimedia centre with 8.4-inch touchscreen (NAV-ready)
- ParkView® Rear Back-up Camera with view-at-speed capability
- 20-inch polished aluminum with silver painted pockets
- 5.7 HEMI® VVT V8 engine with FuelSaver MDS
- Body-colour front fascia, rear bumper and grille
- Park-Sense® Rear Park Assist System
- Sport Performance Hood
- Remote start system

REBUILDING YOUR CREDIT? SPECIAL RATES AS LOW AS 4.99% OAC≈

+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

CHRYSLER DODGE Jeep. RAM

chryslercanada.ca/offers

SiriusXM

DODGE CARAVAN KIDS

PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA

Wise customers read the fine print: Ω, †, ◊, ^, ➤, ■, ††, ×, ≈, § The Big Cash Holiday Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after December 1, 2016. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,795), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. Up to $1,000 Holiday Bonus Cash is available on select new 2016/2017 Chrysler, Jeep, Dodge, Ram or Fiat models at participating dealers from December 1, 2016 to January 3, 2017, inclusive. Bonus Cash will be deducted from the negotiated purchase/lease price after taxes or may be issued as a cheque. Maximum $1,000 Holiday Bonus Cash only available on select Ram 1500 and 2500/3500 models. Offer available at participating dealers. See dealer for complete details and exclusions. †0% purchase financing for 84 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: $30,000 financed at 0% for 84 months equals 182 bi-weekly payments of $165, a total obligation of $30,000 and $0 cost of financing. ◊$12,850 in Total Discounts available on the 2016 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: $11,500 Consumer Cash Discount, $850 Bonus Cash and $500 Holiday Bonus Cash. $6,700 in Total Discounts available on the 2016 Dodge Journey SXT Ultimate Family Package model based on the following: $5,000 Consumer Cash and $500 Holiday Bonus Cash and $1,200 Bonus Cash. See your retailer for complete details. *Consumer Cash is deducted from the negotiated price before taxes. Bonus Cash is deducted after taxes. ➤$83 a week is for advertising purposes only and is not an available offer. 1.99% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2016 Jeep Cherokee North FWD (24J) with a Purchase Price of $31,777 with a $0 down payment, financed at 1.99% for 96 months equals 208 bi-weekly payments of $165 with a cost of borrowing of $2,623 and a total obligation of $34,399.82. ■Jeep Loyalty/Conquest Bonus Cash up to $1,000 is available on the retail purchase/lease of 2016 Jeep Compass (excludes base 26D, 26G, 25D & 26D models), Patriot (excludes base 26D, 26G, 25D & 26D models), Cherokee (excludes all Sport models), Renegade or Grand Cherokee and is deducted from the negotiated price after taxes. Eligible customers include: Current owners/lessees of a Jeep or any other manufacturer's CUV or SUV. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before December 1, 2016. Proof of ownership/lease agreement will be required. Limit one bonus cash offer up to $1,000 per eligible transaction. Some conditions apply. See your retailer for complete details. ††$85 a week is for advertising purposes only and is not an available offer. 0% lease financing for up to 39 months available through SCI Lease Corp. to qualified customers on applicable new 2017 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2017 Ram 1500 Crew Cab Sport 4x4 (26L) with a Purchase Price of $42,114 leased at 0% for 39 months with a $500 security deposit, $1,999 down payment and first month's payment due at lease inception equals 39 monthly payments of $369 with a cost of borrowing of $0 (including $60.25 PPSA registration) and a total obligation of $16,432.95. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. 2017 Ram 1500 Crew Cab Sport 4x4 (26L) models may require order and be subject to a delay. If the lease residual value changes during this period, the lease terms such as down payment and/or monthly payments could also change. See your retailer for complete details. ≈Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2016 models. Financing examples: Purchase Price of $30,000 with a $1,000 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $189/$202 with a cost of borrowing of $5,418.76/$7,753.86 and a total finance obligation of $34,418.76/$36,753.86. Some conditions apply. See your retailer for complete details. ×$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2016/2017 Ram 1500 (excludes Regular Cab), 2015/2016/2017 Ram 2500/3500/Cab & Chassis, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before December 1, 2016. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Basumier Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ^Based on the latest available competitive information and WardsAuto Middle Cross Utility segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. Based on availability of I-4 and V6 powertrains, front-wheel drive and all-wheel drive, 5 and 7 passenger seating, second-row removable in-floor storage bins, integrated child booster seats, front-passenger in-seat storage and forward fold-flat front passenger seat. [1]Based on 2014 WardsAuto Middle Cross Utility segmentation. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. **The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

metro SPORTS

"Poopfest. It's terrible": Seattle Seahawks cornerback Richard Sherman is tired of Thursday night games

Boucher concerned over Senators' compete level

NHL

Team put through tough practice after 1-3 road trip

Guy Boucher says he doesn't mind bruising a few egos if it stops the bad habits that have been creeping into the Ottawa Senators' play lately.

Practising for the first time since a disappointing four-game road trip that saw them win just once, the Senators head coach was critical of every error and had no problem voicing his displeasure.

Not only did Boucher stop drills if he didn't like what he saw, he pointed fingers at those making the mistakes.

Asked if he was worried about players taking exception to the criticism, he said if anyone takes issue with being singled out then the team has much bigger problems.

"If we're that fragile, we don't deserve to be in the playoffs," said Boucher. "I believe we're a team that can acquire a much better work ethic than we had last game because we had it before."

The Senators (16-11-2) host the San Jose Sharks (16-11-1) Wednesday and Boucher knows his team can't afford to let things slide, which was one of the reasons he was so frustrated by mistakes during practice.

Players expected a tough practice considering the result of the road trip, and as for Boucher's outbursts most saw no issue with it.

"You make mistakes and you need to be professional to take that criticism and get better," said veteran Chris Kelly. "That's all he's trying to do is make us a better team, better players. It's nothing personal and I think we need to realize that."

Practice focused mainly on battle and compete drills as Boucher was frustrated by his team's effort in a 5-1 loss to Anaheim on Sunday.

"Our compete level wasn't good enough and that's just unacceptable," said Boucher. "You can make some mistakes. There is another team that's playing well and wants to win, it's the NHL, you're not alone on the ice, but when our compete level isn't there and we're not first on puck on purpose that's something we can't accept of ourselves.

"We're a much harder team to play against than we showed the last game and the last four periods and that's not something you just ask for. When you see it slip away you've got to get back in practice and do it and when you do it in practice, you do it in games." THE CANADIAN PRESS

Ducks winger Jakob Silfverberg controls the puck against the Senators' Bobby Ryan with teammate Shea Theodore trailing on Sunday in Anaheim. ALEX GALLARDO/THE ASSOCIATED PRESS

IN GOAL

- Mike Condon will get the start Wednesday with Andrew Hammond as his backup.
- It doesn't appear Craig Anderson, whose wife is undergoing treatment for throat cancer in New York, will be re-joining the team before the Christmas break as Boucher said he expects Anderson to be gone "for a while."

AWARDS

Oleksiak wins Lou Marsh Trophy

You could excuse Penny Oleksiak for being a little distracted during her high school law class on Tuesday.

After winning four Olympic medals last summer in Rio, she knew she was in the mix for the Lou Marsh Trophy as Canada's athlete of the year. Oleksiak's teacher let her check her phone during class and the 16-year-old swimmer eventually got the news she was looking for.

Penny Oleksiak GETTY IMAGES

Oleksiak was named the winner of the Toronto Star award, selected annually by a panel of sports journalists from across the country.

"It was pretty exciting when I found out," Oleksiak said on a conference call. "One of my teachers, Mr. McAlpine, is across the hallway. He was like freaking out after class when he found out. So that was fun."

It was the latest accomplishment in what has been a dream year for the Toronto swimmer.

Oleksiak, who won Olympic gold in the 100-metre freestyle, served as Canadian flag-bearer at the closing ceremony at Maracana Stadium. She added four more medals at the short-course world championship this month in Windsor.

"I think I really learned that I'm stronger than I think," Oleksiak said of her season. "I want to say that just because going into Rio, I definitely had my doubts about myself. I didn't think I'd be able to even get into finals.

"I think I proved to myself that I trained pretty hard last year and that I was able to exceed expectations."

THE CANADIAN PRESS

DOPING

Sliding worlds pulled from Russia

Avoiding what would have almost certainly been a widely boycotted world championships, international officials pulled this season's biggest bobsled and skeleton competition out of Russia on Tuesday after a number of sliders said they would not compete in a nation so enveloped in a doping scandal.

The decision was immediately praised by sliders and decried by Russian officials.

A new site — Germany and the U.S. are potential hosts — will likely be announced in the coming days. THE ASSOCIATED PRESS

> **"The process probably isn't going to be clean or pretty, but this needs to be fixed."**
> Skeleton racer Matt Antoine

IN BRIEF

Everton downs Arsenal on 86th-minute goal

Ashley Williams scored an 86th-minute winner as Everton came from behind to beat title-chasing Arsenal 2-1 at Goodison Park on Tuesday.

Arsenal's title credentials took a hit with sloppy defending at the end of both halves, with Seamus Coleman heading home unmarked for the equalizer in the 44th minute and Williams rising highest at a corner to glance in the winner. THE ASSOCIATED PRESS

SOCCER

Plastic-bag Messi meets the real deal

Nearly a year after an image of him wearing an improvised Lionel Messi jersey made from a plastic bag went viral, Murtaza Ahmadi finally met his idol.

The six-year-old Afghan boy made a special trip to Qatar, where Messi was with his Barcelona teammates to play a friendly match against Al Ahli on Tuesday.

Murtaza walked out onto the field with the five-time world player of the year before the match. THE ASSOCIATED PRESS

Murtaza Ahmadi, 6, poses for a photo with Lionel Messi and Barcelona. GETTY IMAGES

FINALISTS

- Sidney Crosby
- Andre De Grasse
- Brooke Henderson
- Aurelie Rivard
- Milos Raonic
- Derek Drouin

MAKE IT TONIGHT

Comforting Mushroom Cheddar Chowder

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Even mushroom skeptics will love this creamy, vitamin-rich soup.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 1/4 cup unsalted butter
- 1 large shallot, diced
- 3 cloves garlic, diced
- 1 carrot, diced
- 1 lb mushrooms, sliced (we like to use a mix of cremini and portabello)
- 2 cups vegetable stock
- 3 Tbsp spelt flour
- 1 cup milk
- 1 teaspoon salt
- Pinch of pepper
- 1/2 cup grated cheddar cheese
- 2 Tbsp sour cream or Greek yogurt

Directions

1. In large pot over medium heat, melt half the butter. Add shallot, garlic and carrot and sauté until crisp-tender. Pour in half the stock, then add mushrooms, reduce heat and simmer for 15 minutes.

2. In a small saucepan, melt rest of the butter. Gradually add flour, whisking until smooth. Add milk and bring to a boil, then immediately reduce heat and continue whisking until mixture thickens a bit, 2 to 3 minutes. Add to soup.

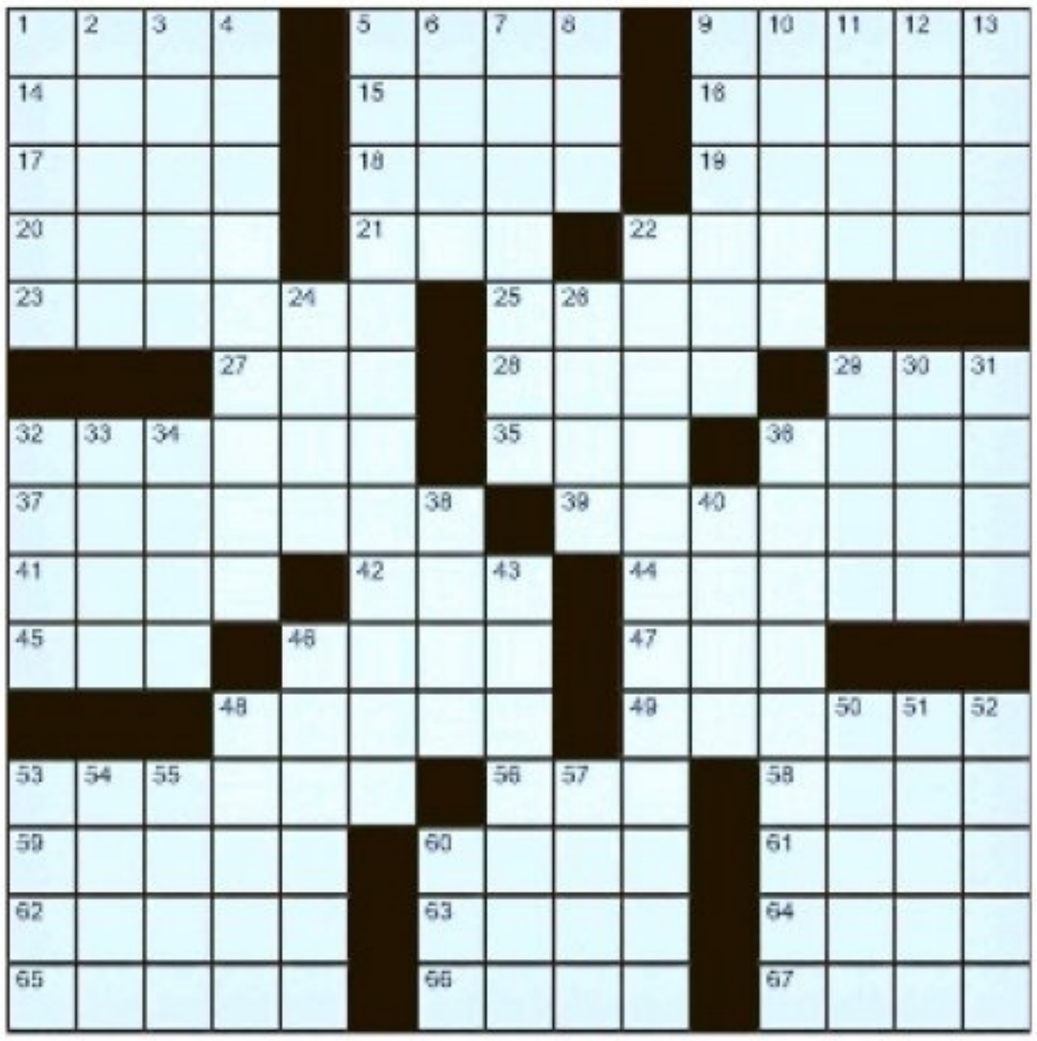
3. Stir in remaining stock. Season with salt and pepper. Remove pot from heat and, using an immersion blender, blend soup until desired consistency.

4 Ladle into bowls and serve with a helping of grated cheddar, dollop of sour cream or Greek yogurt.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Marvel Comics supervillain, _ the Conqueror
5. Santa's gifts carrier
9. Sir Newton
14. Roman love god
15. Moisturizer ingredient
16. Figure out
17. Appraise
18. 'W' in WSJ
19. Muggy
20. Avoir's cohort
21. Richie, to Joanie
22. Grate
23. Austria's capital
25. Pastes
27. Driver's _.
28. Chemist's table salt
29. Stephen of "The Crying Game" (1992)
32. Hard blow sound
35. Cheers _, 1895
36. Twenty = Two _
37. Stovetop parts
39. 'Knee' and 'knot' both begin with one, _ _
41. Ripened
42. Mr. Pacino's
44. NHL team in Edmonton
45. Mr. Howard
46. Pesky fly
47. Compass dir.
48. 1999 flick in which Alanis Morissette plays God
49. Big name in fine art in Canada (Where the masterpiece at #50-Down went to the highest bidder)
53. _ lights (Hollywood premiere illuminators)
56. One plus One's answer
58. Scottish singer Donovan's actress daughter Ms. Skye
59. On _ _ (Winning)
60. Boyfriend
61. _, _ Hubbard (Scientology founder)
62. Novel's name
63. "_ fair in love..."
64. Gladiator's 2051
65. Discharge
66. Actor, Dick Van _
67. Slitherer's noises

DOWN
1. Alex _ ("Grey's Anatomy" character)
2. Violin-making family
3. _-Dame Cathedral, in Paris
4. Where Nuuk is the capital city
5. #9-Down is part of the what in the Canadian Rockies in Alberta?: 2 wds.
6. Wing-like
7. Fellow's fragrance
8. Ms. Ripa, to pals
9. Mount _ (Peak depicted in the circa 1926 oil on canvas at #50-Down)
10. Turns, as milk
11. _ mater
12. Keen
13. Relinquish control
22. Firm such as #49-Across: 2 wds.
24. Kind
26. Glasgow gal
29. Mr. Auberjonois
30. _'acte (intermission)
31. Inquires
32. Ski lift
33. Men's label, _ Boss
34. Songbird variety
36. Made-for-TV movies
38. Hip poetry show
40. Extra's delivery on set
43. Distinguished
46. Medieval 'mug'
48. Barbie and Ken
50. As per #49-Across... Mountain _ (Group of Seven artist Lawren Harris' painting which recently sold for a record-breaking $11.21 million)
51. Organic compounds
52. German filmmaker Ms. Riefenstahl's
53. Fill, as hunger
54. Li'l math course
55. Automatic
57. Stroll
60. U2 song

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your focus is on home and family. If you get a chance, you will prefer to cocoon at home and hide from the busy world out there.

Taurus April 21 - May 21
You have a need to communicate with others today, which is why it's a good day to talk to siblings, relatives and neighbors. It's time to plug in to the local gossip scene.

Gemini May 22 - June 21
If shopping today, you will be more emotional than usual about what you choose to buy. Yes, this could lead to retail therapy.

Cancer June 22 - July 23
Today the Moon is in your sign, which will make you more emotional than usual about practically anything. However, it also improves your luck.

Leo July 24 - Aug. 23
Work alone or behind the scenes today, because that will make you feel better. You want to pull in and hide somewhat. Take a breather from your busy social life.

Virgo Aug. 24 - Sept. 23
A conversation with a female acquaintance might be meaningful today. In fact, this conversation might actually prompt you to modify or change your future goals.

Libra Sept. 24 - Oct. 23
Personal details about your private life may become public today. Be aware of this in case you have to do some damage control.

Scorpio Oct. 24 - Nov. 22
Take a trip or do something different today, because you need a change of scenery. At least change your daily routine. Visit an exotic restaurant.

Sagittarius Nov. 23 - Dec. 21
) Today you might want to take care of loose details about inheritances and shared property, because that would be appropriate. (But you won't want to let go of something.)

Capricorn Dec. 22 - Jan. 20
Be prepared to go more than halfway when dealing with others, because the Moon is opposite your sign today. This simply requires a little tolerance and compromise.

Aquarius Jan. 21 - Feb. 19
Make an extra effort today to do something to help you feel better organized. Put your papers in neat little piles; clean out the backseat of your car. Do something.

Pisces
Feb. 20 - March 20
This is a playful, flirtatious and prankish day! Enjoy fun times with others, especially younger people. You might extend an invitation to a social event to a boss.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

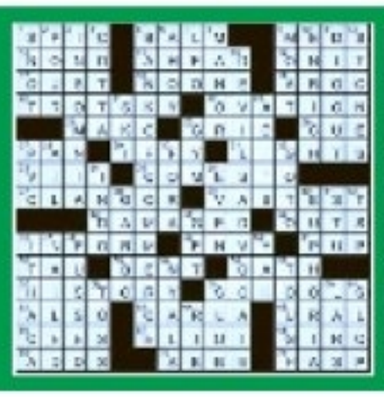
			2			1		
	6			9			3	
2		5	7			9		
						8		1
	1						4	
3		7						
		1			7	6		8
	8			6			5	
		9			5			

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS
•LIFE • SPORTS
>>>

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



4	3	2	9	5	1	7	8	6
1	7	6	4	2	8	3	9	5
5	9	8	6	3	7	4	2	1
9	2	4	7	1	3	6	5	8
7	8	5	2	4	6	9	1	3
3	6	1	8	9	5	2	7	4
6	4	7	1	8	2	5	3	9
2	1	3	5	6	9	8	4	7
8	5	9	3	7	4	1	6	2

$750 Loan and more
No credit check
Open 7 days from 8 to 8 (EST)
1-855-527-4368
credit700.ca
Call us or apply online
www.credit700.ca

THE NORTH FACE®
As Canadians, we embrace the best season there is and the coats and jackets we carry are not only built to protect you, but they allow you to love and experience the outdoors. With an extensive line of performance apparel, equipment and footwear, there's no question that The North Face is the first choice of climbers, mountaineers, skiers, snowboarders, runners and explorers alike. Shop Ottawa's largest selection of jackets, coats, vests, shirts, pants, accessories, footwear and more for men, women & children.
Never stop exploring with The North Face & Sporting Life.
NEW FALL & WINTER COLLECTION
NOW IN STORE AND ONLINE.

SPORTING life
SPORTINGLIFE.CA

TheShops AT LANSDOWNE

125 MARCHÉ WAY, OTTAWA, K1S 5J3. TEL: 613 216 6000.
FREE UNDERGROUND PARKING.